



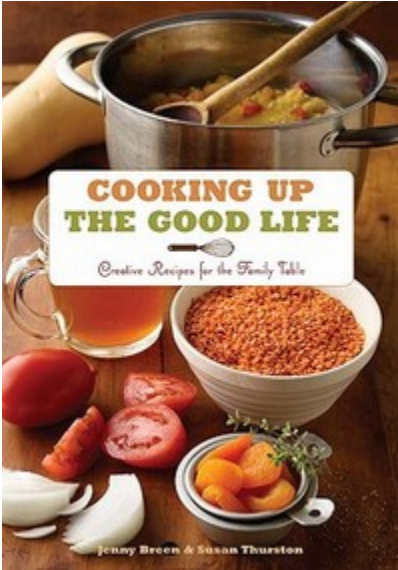
News Release

Author to be Featured during Ice Cream Social at U of M Crookston on Wed., Aug. 17, 2011; "Cooking Up the Good Life" Highlights Recipes Based on Local Foods

By Itollefs on Friday, August 12, 2011

Minnesota author, Susan Thurston, will be at the University of Minnesota, Crookston on Wednesday, August 17, 2011, during the Ox Cart Days Ice Cream Social. She will highlight her book *Cooking Up the Good Life*, a cookbook she co-authored with Jenny Breen. Thurston will begin at 3 p.m. with a short talk about the book at the Peterson Gazebo on the Campus Mall, followed by a recipe demonstration and book signing at the Bookstore. All activities are free and open to the public.

Written with both beginner and experienced cooks in mind, each section in *Cooking Up the Good Life* is organized by season to help bring your daily meals into harmony with local harvests. Recipes also include imaginative "Family Kitchen" segments that suggest safe, fun ways to get kids involved. Featuring refreshingly simple, creative, and unfussy recipes, *Cooking Up the Good Life's* relaxed and encouraging style helps you cook with ease and serve with confidence wholesome dishes that highlight the natural beauty and elegance of Midwestern seasonal ingredients.



Susan Thurston lives and writes in St. Paul with her family, including a son Samuel and daughter Madeleine. Her work ranges from journalism to poetry and has appeared in the *StarTribune*, Minnesota Monthly, Garrison's Keillor's *Writer's Almanac*, and in the anthology *Low Down and Coming On* (Red Dragonfly Press 2011). She has spent most of her professional life creating programs for life-long learning and is the manager of adult education at the University of Minnesota Landscape Arboretum.

Today the University of Minnesota, Crookston delivers 26 bachelor's degree programs, 18 minors, and nearly 40 concentrations, including ten online degrees, in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology. With an enrollment of 1,450 undergraduates from more than 25 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit www.umcrookston.edu.

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